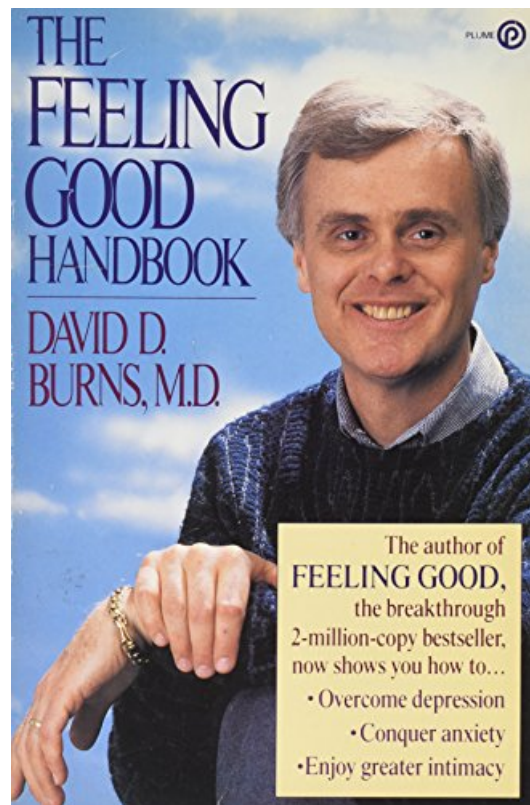


The Feeling Good Handbook

David D. Burns



The author of
FEELING GOOD,
the breakthrough
2-million-copy bestseller,
now shows you how to...

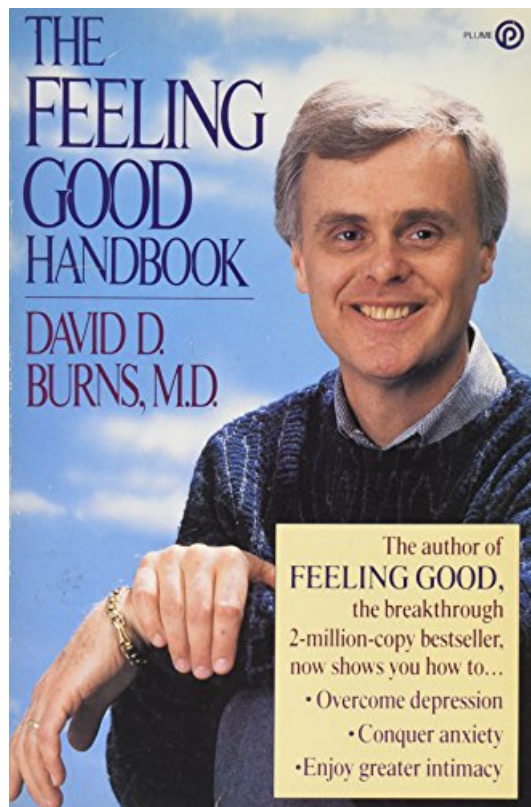
- Overcome depression
- Conquer anxiety
- Enjoy greater intimacy

Publisher : Plume

Release Date :

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Author : David D. Burns

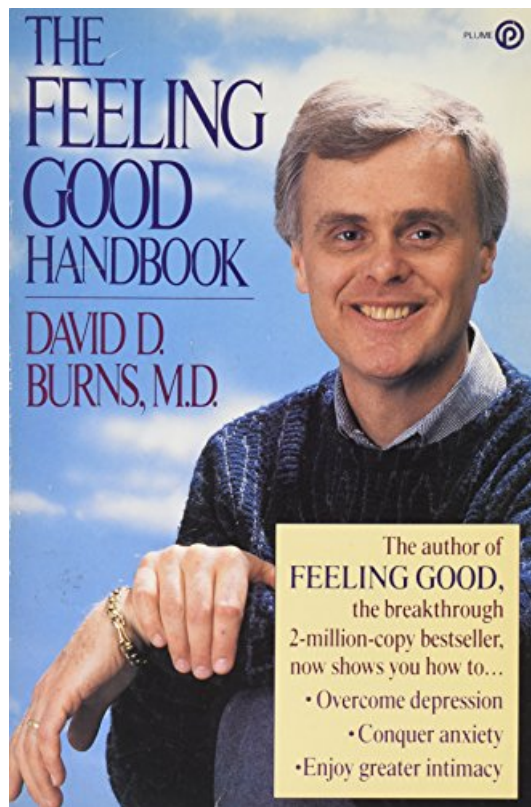
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This therapy of Dr Burns is based on the premise that people create their own moods, and thus can learn to change the way they look and feel. He shows how to apply techniques and provides strategies for overcoming fears, phobias and panic attacks. He deals with hypochondria and various forms of social anxiety; improving intimate interpersonal communication; overcoming procrastination; coping with performance anxiety in public speaking, test-taking, and other activities.

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